

Take Wellness Assessment

**January 31 -
Complete
wellness
assessment**

Some people may have received a customer service survey via e-mail. **You do not need to answer the survey in order to get gold.**

Wellness assessment evaluated by Harris HealthTrends; Risk level determined.

Low Risk

Moderate Risk

High Risk

Receive log in the mail.
Choose individual action plan

Enrollment call
Coaching calls

Enrollment call
Coaching calls

**Route
66**

**Colorful
Choices**

Often the enrollment call and
Coaching call happen at the
same time.

Often the enrollment call and
Coaching call happen at the
same time.

**March 15 -
Enroll in
individual
action plan**

Fill out log online or fill out
paper log for 8 weeks.

Take 3 coaching calls
over 90 days and
follow through on
individual action plan.

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Complete on line and submit, or mail/
fax in paper log - gets you to gold.

No further documentation
needed - gets you to gold.

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needed - gets you to gold.

**June 30 -
Complete
individual
action plan**

Mid July Harris HealthTrends sends each participant a letter indicating
if the person earned Gold, Silver or Bronze out-of-pocket status

Members may appeal to Harris if they disagree
with the out-of-pocket expense level they earned

October, 2006

Enroll in 2007 benefits online